

# Ongoing Activities

## Lunch Served Daily

Monday-Friday: 11:15am-12:30pm

## MAP - Medicare Counseling

Monday: 10am-12pm

Wednesday: 10am-12pm

## Catholic Charities – Benefits

### Enrollment Outreach

Wednesdays: 10am-12pm

## Texas Hold 'Em

Monday-Friday: 8am-11am

## Stretch & Tone Exercise

Monday, Wednesday, and Friday:

9am-10am

## Bingo

Monday, Wednesday, and Friday:

12pm-1:30pm

## Bean Bag Baseball

Tuesday & Friday: 1:30pm-4pm

## Ukulele Group

Monday: 2pm-4pm

## Crochet Club

Tuesday: 9am-11am

## Grumpy Old Men – Live Big Band

Wednesday: 10:15am-11:30am

## Scrabble

Wednesday: 10am-1pm

## Mahjong

Thursday: 12pm-3pm

## Line Dancing and Lessons

Thursday: 1pm-3:30pm

## Jus' Right -Hawaiian Music Live Band

Friday: 10am-12pm



**HUMAN SERVICES  
AGENCY**

# February 2023

## Washoe County Senior Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Senior Advisory Board Meeting 2pm at the Sparks Senior Center or attend via Zoom	2	3 Senior Coalition Meeting 8:30am at the Reno Senior Center	4
5	6	7 Saint Mary's Hospice Grief Group. 1pm-3pm	8	9	10	11
12	13	14	15	16	17 Parkinson's Support Group 2pm-5pm	18
19	20 Closed in observation of President's Day!	21 POA/Estate Planning. 11am  Saint Mary's Hospice Grief Group. 1pm-3pm	22	23	24	25
26	27	28 Blood Pressure Screening. 11:00am-1:00pm in Game Room				